

École Seaforth Elementary School

Spirit Day

April 26, 2013

A School and Community Conference

Intermediate Student (Gr. 4-7) Workshops

We are grateful to the following people and groups for sharing their time and expertise to make Spirit Day possible for our students:

Ms. Catherine Dumaine, Fibre Artist

GardenWorks Burnaby

Dancin' Stars School of the Performing Arts

Burnaby Mountain High School Enviro Club - Amna Liaqat & Adalia Yang

Shark Truth

Wildlife Rescue Association of BC

Eagle Creek Streamkeepers

Health Canada

Let's Talk Science SFU

Miss Gina Leong

Destination Imagination

Pacific Assistance Dogs

Mr. Anil Khanna

City of Burnaby Eco Sculpture Department

BC Chicken Growers Association

Continued....

France's Sewing School
Vancouver White Caps
Burnaby Mountain Karate
Associated Engineering - Summit Environmental
Fortis BC
Environment Canada
Mr. Peter O'Shea
Mrs. Paulina Chow-White & Mr. Peter Chow-White
Mrs. Jean Yuen
Mrs. Birdie Chan
Mrs. Laura Thomsen & Mr. Phil Thomsen (A Danish's Touch)
Mrs. Nashifa Rashid & Mrs. Michelle Sherwood
Mrs. Lynne Vidler, Mr. Brian Vidler & Mrs. Anne Delyiannides
Ms. Tazumi & Mrs. Graham
Mrs. Glavas, Mrs. Hanson & Mrs. Robson
Mrs. Bastone & Mrs. Kaga
M. March
Mme Richter
Mrs. Boulanger
Mrs. Moore & Mr. Lapthorne
Mlle Gayton

Your 2013 Spirit Day Committee

Mary Holmes

Don Liu

Phyllis Low

Eliza Lum

Jennifer Mezei

Francis Narayan

Dal Sidhu

Zahra Somani

Gail Su

SEAFORTH SPIRIT DAY

Friday April 26, 2013

Intermediate Workshop Program

Dear Parents and Students,

On the following pages you will find our workshop offerings for Spirit Day 2013. We are excited about our Environmental Theme and have some wonderful workshops for you this year, and we are looking forward to another great Spirit Day.

We have produced two catalogs: one each for Primary and Intermediate Students. This is the INTERMEDIATE STUDENT Catalog, which contains listings and descriptions of all workshops that intermediate students are eligible to attend.

For the purposes of this program, Intermediate Students are those in Grades 4-7.

The numbers in parenthesis are the number of available spaces in each workshop. We will make every effort to place you in the workshops of your choice - please be sure to mark your first, second, third and fourth choices on your form.

There are some workshops that are open only to students in specific grades, these exceptions are highlighted in **yellow**.

Some workshops ask that you bring or wear something on Spirit Day, those are noted in **RED**. Please try to remember what you need to bring, as no reminders will be sent home.

Have fun choosing your workshops.

Remember, your completed form is due back to school by **MARCH 28th**.

Seaforth Spirit Day Sign-Up

Dear Students and Parents:

The Seaforth Spirit Day Program for Friday April 26, 2013 is now complete. The catalogue of workshops will be also available online at the PAC website: www.seaforthpac.net . If you need to consult a printed copy of the program, one will be available at the counter of the school office.

Please return your completed forms by Thursday March 28th to the school. As workshops fill up quickly, it is very important that students not only list their top preference for each session, but also list **3 alternatives for each session**.

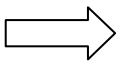
The schedule for Spirit Day is as follows:

9:00am	Opening & Attendance
9:15 – 10:15am	Session A
10:15 – 10:45am	Recess Break
10:45 – 11:45am	Session B
11:45 – 12:45pm	Lunch Break
12:45pm	Attendance in Home Rooms
1:00 – 2:00pm	Session C
2:15pm	Students Dismissed from Home Rooms

When selecting sessions with your child, please note the following:

- The letter preceding the session number indicates the time of the session.
- There are separate Primary and Intermediate catalogues. Please ensure you select courses only from the catalogue for your child's age group. Some sessions have indicated special age groupings and these exceptions are noted in the session description.
- The number in parenthesis indicates the maximum number of students allowed in the session.

Please return the bottom of this form by Thursday March 28th. Please list session numbers only.



Student Name:					Div:					Grade:														
					1 st Choice					2 nd Choice					3 rd Choice					4 th Choice				
Session A																								
Session B																								
Session C																								

Session A: 9:15 - 10:15am

A1-O Collaborative Woven Sail for Parade Float (18) Catherine Dumaine

You will learn the basics of weaving, and use your new skills to help weave a sail for a shipwreck which will be featured on a float created in partnership with the City of Burnaby. Strips of fabric will be woven into a frame loom to create this piece. Students will also be invited to write an environmental message on their fabric.

*****Please bring a pencil/pen and coloring supplies*****

A3-O Repurposing Containers as Planters (20) GardenWorks, Burnaby

Wondering what to do with that old yogurt container, or margarine tub? Got an old box or shoe lying around? Bring in something that you would normally dispose of and give it a new life...as a planter! Almost any container will do. Please limit the size to that of an ice cream tub.

*****Bring a pencil and an old container to repurpose as a planter*****

A6-I Shark Conservation (30) Shark Truth

Through our interactive presentations, you will learn about the importance of sharks in our ecosystem, and how we can take part in saving them.

A7-I Neighbourhood Tree Tour (8) Peter O'Shea

Though Seaforth is in the city, we are lucky to have many trees around us that help support wildlife. We'll use samples too learn the main features of common trees, then we will do a quick walk to nearby Charles Rummel Park to identify living examples of each type. Learn to estimate the ages of several trees, some WAY older than Old Man Jenkins! You'll learn that each type of tree has its own strengths, weaknesses and habits...personality? Take the quiz...win a tree!

*****Come dressed appropriately for a walk - we will go "rain or shine"*****

A12-I Sustainable Houses (20) Let's Talk Science - SFU

Sustainable living is a trendy phrase right now, but soon it will be a necessary part of life. Learn how houses can be built in more environmentally friendly ways, then build your very own sustainable house.

A15-I Make your own Ice Cream (10)

Gina Leong

Most supermarket ice creams are made with chemicals and preservatives that are not good for you. In this workshop you will learn how to make your own homemade ice cream with just a few simple healthy ingredients.

A16-I Creativity Workshop (30)

Destination Imagination

Student teams will solve fun, open-ended and stimulating "instant challenges" that help develop your 4C skills (Creativity, Critical thinking, Communication, & Collaboration) all while having fun!

*****Please bring a pencil or pen*****

A19-I Glass Painting (12)

Jean Yuen

Use special glass paint to decorate a glass container to turn it into something extra special.

*****Wear an old shirt or smock, and please bring a pencil*****

A23-I Introduction to Animation on the Ipad (12)

M. March

Been waiting to get your hands on Seaforth's new Ipad? Here's your chance. Ipad can be used for more than just playing games or doing research on the internet. Learn how to use an Ipad to create cool animated characters and scenes.

*****Note: This is a 2-block workshop, students will spend blocks A and B in this class. If you sign up for this class, leave Block B blank on your form.*****

A26-I Pinch Pot Power (15)

Mrs. Boulanger

You will learn the "pinch" technique of making pottery.

*****Note : You will need to return to Mrs. Boulanger's classroom the following week during lunch hour, in order to glaze your masterpiece*****

A27-O Assistance Dogs in your Community (30)

Pacific Assistance Dogs (PADS)

You will be introduced to the world of Pacific Assistance Dogs. We will give an overview of our organization, its service to physically challenged people, and how we train our dogs from puppies and advanced kennel dogs to full service dogs. Come learn about this organization and meet some hard working dogs.

A28-I Introduction to Cricket (15)

Anil Khanna

In this workshop you will learn the basics of this exciting and international sport. Skills such as batting, bowling and fielding will be taught along with other training and drills. Students will have the opportunity to use these skills in a fun game.

*****Gym attire is recommended. This workshop takes place outdoors Rain or Shine*****

A29-I Sew a Beautiful Sachet (8)

Nashifa Rashid & Michelle Sherwood

Learn basic sewing skills and apply them to making a beautiful scented sachet - perfect for a gift or to keep for yourself! Open to boys and girls.

A30-I Spa Science (16)

Lynne Vidler, Brian Vidler & Anne Deliyannides

Explore the real chemistry behind your favorite beauty products and whip up a few things to take home! You will learn to use natural ingredients to make cool concoctions to use as gifts or to keep for yourself!

A31-I Planting Pirate Pandas (18)

City of Burnaby - Eco Sculpture Department

Help build a Pirate Panda Parade Float! The City of Burnaby's Eco-Sculpture Program is working with Seaforth School to make a "Pirate Panda" parade float. The float will use recyclable objects and materials and will appear in community parades throughout the year. Students will help plant the Panda Eco-Sculptures and create environmental messages-in-a-bottle that will be attached to the float.

*****Come dressed for a short walk to the nursery behind the school "rain or shine"*****

A34-I Up-Cycling (10)

France's Sewing School

In this workshop, you will learn basic sewing skills and apply them to turning everyday materials into new items, such as an environmentally friendly bag or a fancy washcloth.

A36-I Japanese Karate (20)

Sensei Curtis Gerlinger & Burnaby Mountain Karate

Learn the fundamentals of Japanese Karate. You will also get the chance to use these ancient techniques to defend yourself in a mock battle against a real Black Belt. Good Luck and have FUN!

*****Gym attire is recommended*****

Session B 10:45 - 11:45am

B1-O Collaborative Woven Sail for Parade Float (18)

Catherine Dumaine

You will learn the basics of weaving, and use your new skills to help weave a sail for a shipwreck which will be featured on a float created in partnership with the City of Burnaby. Strips of fabric will be woven into a frame loom to create this piece. Students will also be invited to write an environmental message on their fabric.

*****Please bring Pen/Pencil & Coloring Supplies*****

B6-I Shark Conservation (30)

Shark Truth

Through our interactive presentations, you will learn about the importance of sharks in our ecosystem, and how we can take part in saving them.

B7-I Neighbourhood Tree Tour (8)

Peter O'Shea

Though Seaforth is in the city, we are lucky to have many trees around us that help support wildlife. We'll use samples too learn the main features of common trees, then we will do a quick walk to nearby Charles Rummel Park to identify living examples of each type. Learn to estimate the ages of several trees, some WAY older than Old Man Jenkins! You'll learn that each type of tree has its own strengths, weaknesses and habits...personality? Take the quiz...win a tree!

*****Come dressed appropriately for a walk - we will go "rain or shine"*****

B8-I A Day in the Life of a Wildlife Rescuer (35)

Wildlife Rescue

Association of BC

Take a virtual tour of our Wildlife Hospital, touch and feel real animal wings, pelts and nests and learn how we can all do our part to help wildlife around us.

B9-I Eagle Creek - your Neighbour (20)

Eagle Creek Streamkeepers

Did you know we have an amazing creek within walking distance of our school? In this workshop you will learn about Eagle Creek - where it starts, the path it takes through our neighbourhood, and where it ends up. You will learn about the aquatic life present in Eagle Creek and maybe even meet some fishes. Learn to tell the difference between the native plants around the creek, and those plants which are considered invasive.

B12-I Sustainable Houses (20)

Let's Talk Science - SFU

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B15-I Make your own Ice Cream (10)

Gina Leong

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B16-I Creativity Workshop (30)

Destination Imagination

Student teams will solve fun, open-ended and stimulating "instant challenges" that help develop your 4C skills (Creativity, Critical thinking, Communication, & Collaboration) all while having fun!

*****Please bring a pencil or pen*****

B17-I Basketball (12)

Paulina and Peter Chow-White

Learn the fundamentals of basketball and athletic literacy. This one-hour session will teach you the basics of passing, shooting, dribbling. Show off your new skills in a mini game, if time permits.

*****Gym attire is recommended*****

B21-I Cardmaking (18)

Birdie Chan

We will be making 3 cards. One of them will be a flip card. We will use butterflies, flowers, ribbon and more to make 3 cards for any occasion.

*****Please bring Scissors & Glue*****

B22-I Recycling Old Stuff into New (6)

Laura & Phil Thomsen

We will use a bit of elbow grease and paint to create a cool wooden project!

*****Wear an old shirt or smock*****

B26-I Pinch Pot Power (15)

Mrs. Boulanger

You will learn the "pinch" technique of making pottery.

*****Note : You will need to return to Mrs. Boulanger's classroom the following week during lunch hour, in order to glaze your masterpiece*****

B27-O Assistance Dogs in your Community (30)

Pacific Assistance Dogs (PADS)

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B32-I Intro to Flag Football (24) Gr 4-5 ONLY

Mrs. Moore & Mr. Lapthorne

This workshop is designed to develop an awareness for the Flag Football concept and to teach basic offensive & defensive strategies. Students should be prepared for this workshop, Rain or Shine.

*****Gym attire is recommended - this class will be held outdoors "rain or shine"*****

B34-I Up-Cycling (10)

France's Sewing School

In this workshop, you will learn basic sewing skills and apply them to turning everyday materials into new items, such as an environmentally friendly bag or a fancy washcloth.

B39-I Energy is Awesome (50)

FORTIS BC

In this workshop you will learn about Awesome Energy - Natural Gas. In this interactive, hands-on workshop, a FortisBC representative will explain what natural gas is, where it comes from, how it is used, how to be safe around it and how to conserve it. We will also talk about alternative sources of energy, show some great videos and provide an opportunity to ask questions. Small prizes will be given out to all attendees. For the most attentive listeners, there will be an opportunity to win special prizes.

Session C: 1:00 - 2:00pm

C1-O Collaborative Woven Sail for Parade Float (18)

Catherine Dumaine

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*****Please bring a pencil/pen and coloring supplies*****

C3-O Repurposing Containers as Planters (20)

GardenWorks, Burnaby

Wondering what to do with that old yogurt container, or margarine tub? Got an old box or shoe lying around? Bring in something that you would normally dispose of and give it a new life...as a planter! Almost any container will do. Please limit the size to that of an ice cream tub.

*****Please bring a pencil & an old container to repurpose as a planter*****

C4-I Enviro-Dancing (30)

Dancin' Stars School of the Performing Arts

If you sign up for this workshop, you will learn some basic modern dance moves. Put them together, add some music and you have an "Enviro-Dance"!

*****Gym attire is recommended*****

C6-I Shark Conservation (30)

Shark Truth

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C7-I Neighbourhood Tree Tour (8)

Peter O'Shea

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Jean Yuen

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*****Wear an old shirt or smock, and please bring a pencil*****

C20-O Scrapbooking (18)

Birdie Chan

Come and make a Summer Scrapbook perfect for your summer pictures. We will decorate the scrapbook with cute embellishments and use really cute summer themed paper. It is not necessary to bring pictures to this workshop.

*****Please bring Scissors & Glue*****

C22-I Recycling Old Stuff into New (6)

Laura & Phil Thomsen

We will use a bit of elbow grease and paint to turn create a cool wooden project!

*****Wear an old shirt or smock*****

C25-I Get to Know your Wild Neighbours - Water Color Painting (15)

Mme. Richter

Connect, create and celebrate while learning about nature. This workshop invites you to create original water color paintings inspired by nature.

C27-O Assistance Dogs in your Community (30)

Pacific Assistance Dogs (PADS)

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C32-I Introduction to Flag Football (24) Gr. 6 & 7

Mrs. Moore & Mr. Lapthorne

This workshop is designed to develop an awareness for the Flag Football concept and to teach basic offensive & defensive strategies. Students should be prepared for this workshop, Rain or Shine.

*****Gym attire is recommended. This class will be held outdoors "rain or shine"*****

C33-I Poultry in Motion (60)

BC Chicken Growers Association

Come learn about the life cycle of chickens and visit a mini barn with days old baby chicks as well as full grown chickens. Watch a short film to learn even more and do some fun activities as well.

*****Please bring a pencil/pen and coloring supplies*****

C35-O 'Caps Kick Smart Program (100)

Vancouver White Caps

The 'Caps Kick Smart Program is a demonstration of key soccer skills as well as tips for a healthy lifestyle. The program is run by Vancouver White Caps coaches and players. All students will receive a juice box, lunch bag and small guide including soccer drills and healthy lifestyle tips.

*****Gym attire is recommended*****